



Chulmleigh
Primary School
& Nursery

NEWSLETTER



	Mon	Tues	Weds	Thurs	Fri
4 - 8 March	Year 3 residential parent meeting 5.30pm Stoats class swimming KS1 Multi-skills 3.30-4.30pm	Year 6 netball at Park School	Movies & Munchies Club	World Book Day PTA Wonka Bar Sale	Years 3/4 Netball tournament @ CCC
11 - 15 March	Years 4/5 residential trip Lions class Mothers Day assembly 2.45pm KS1 Multi-skills 3.30-4.30pm				Drama afternoon Years 3 and 4 PTA discos: KS1 - 5.00-6.00pm KS2 - 6.30 - 7.30pm

Key Dates

19 Mar Years 5/6 football at LPS
 22 Mar Non-uniform day
 22 Mar Tree planting event
 27 Mar SEND Parents Forum
 27-28 Mar Year 3 residential trip
 28 Mar Last day of term

15 April First day of term
 15 April Cricket years R-4
 24 April Cricket years 5-6
 25 April Parent Online Safety presentation
 13 May KS2 SATs week
 17 May Choir at Devon County Show

Dear All,

It has been lovely to have a bit of respite from all the rain in the last couple of days – let's hope that this continues! Despite all the rain, we haven't let this dampen our enthusiasm over the last two weeks with our learning and fun activities at Chulmleigh Primary! Highlights from across the school have included: Dogs Trust workshops, Stoats starting swimming lessons, KS2 lunchtime football club and BEAM house residential parent meeting.

I am very proud to announce that Megan and Elliot (both from Year 6) have been successful in competing in the North Devon Virtual Gymnastic finals. Several entries from school were sent via digital recordings to the judges for this virtual event as part of our gymnastic lessons. Out of over 80 entries for each year group, Megan and Elliot have made it through to the virtual North Devon final. They will now create a new routine which will be sent to the judges again. We are so proud of them both for reaching the finals amongst such a talented pool of children. Good luck Megan and Elliot for the next round. A huge thanks to Mrs Welch as well for entering our children into this event.

International School Award

We are also celebrating another accolade for Chulmleigh Primary this week as we have just been awarded the foundation level award from the International School Award by the British Council. The International School Award rewards schools that have shown a commitment to embedding international awareness and understanding within their classes and whole school. We have been raising the children's global citizenship awareness through whole school assemblies, lessons and most recently with corresponding with Mrs Bartlett whilst she is teaching in Nepal. The reason that we have been learning about the International School Awards is to help our children develop:

- an increased knowledge, awareness and tolerance about other countries, cultures and languages
- confidence in communicating with people from different backgrounds
- skills to successfully live and work in a global and mobile society
- literacy skills when writing stories and letters for specific audiences

We are in regular contact with Mrs Bartlett and the classes she is teaching during her voluntary work in Nepal. Recently, she sent over a list of questions that her class from the Bamboo School wanted to ask some of our children about school life in England. Three of our Year 6 girls were filmed answering some of their questions and this was sent back to Nepal for Mrs Bartlett to show the children in her class. Mrs Bartlett told us that the children loved hearing from our children and I know that our children are also enjoying learning about life in Nepal from similar aged children. This week, the children have also been looking through many photos and watching videos about life in Nepal which is really bringing their global citizenship learning to life.

We have also received a letter and certificate from the British Council congratulating us on achieving this award. The letter says: "Congratulations to you and your pupils on gaining the International School Award Foundation Certificate: Introducing Internationalism. You have demonstrated an excellent start in promoting the international dimension across your school and highlighting the benefits of learning in a global context. Your commitment to extending and embedding internationalism in your curriculum is a valuable aspect of your school ethos."

I would like to say a massive thank you to Ms Hancock and Mrs Bartlett for all their hard work in coordinating and submitting the necessary evidence in order for us to achieve this award. The children are really benefitting from this first hand experience that they are providing. Ms Hancock is also updating our International School display in the hall on a regular basis and I know the children love looking at the new photos and information that has been placed on display. Below are some of the photos from Nepal that have been shared with the children.

For more information on the International Schools Award, please follow [Why take part? | British Council](#)



Watching our video (above) and whole school assembly (below)



LGBTQ+ History Month

February is an important month which celebrates LGBTQ+ history across the world. We are also celebrating this important month at Chulmleigh Primary. The children were reminded of what LGBTQ+ terms meant and why we celebrate this important month. During the assembly and PSHE lessons, the children learnt about some of the real pioneers in changing history and laws to make everyone feel safe and valued. They learnt about five important artists who have used art and their influences to challenge homophobia and discrimination. As ever, the children were keen to learn more about what they can do to make the world a better place to live and to call out the injustices in the world. The children also loved hearing about the heart-warming true story of two male penguins who have created their own family in the penguin house at the Central Park Zoo in New York.



For more information on LGBTQ+ month, please follow the link from the Proud Trust: <https://www.theproudstust.org/trusted-adults/>

Dogs Trust visits

We were treated to a whole school assembly and class workshops last week from Emily at the Dogs Trust. She spent two days across the school teaching the children how to be safe around dogs, how to be a responsible dog owner and how to be confident around dogs. As part of the class workshops, Emily also taught the children what important and necessary understanding children and adults need to have to be a careful and considerate pet owner. Additionally, the children had to discuss and think about the dogs they know and live with, and those they may see out and about in the community. The children were amazed to know that there are nearly 9 million dogs in the UK and how vital the Dogs Trust Charity is at saving and rehoming dogs across the UK.

Emily commented on how knowledgeable, polite and diligent the children were as she went from class to class to complete the workshops. Receiving positive feedback like this from visitors is always lovely to hear as it lets us know that our children are really living our values of Compassion, Ambition and Teamwork.

Emily also recommends that parents visit <https://www.dogstrust.org.uk/dog-advice/life-with-your-dog/at-home/dog-and-child-safety> to know more about how to keep children safe at home if you have a dog in the house.

Safeguarding Updates – OPAL assemblies

It has been just over a term and a half since we launched Outdoor Play and Learning (OPAL) and we have not looked back! Since the introduction of OPAL across the school, we have seen less accidents on the playground, more purposeful and meaningful play as well as the older children really helping to model and scaffold effective play to our youngest children. These findings are pleasing as this is what our intent was and knowing that OPAL is having the impact we wanted on playtimes and lunchtimes is gratifying to witness. The children are always telling prospective parents, visitors and volunteers how much they love OPAL and how vital it is for their mental health. Part of the success of OPAL is that we have regular whole school OPAL assemblies where we discuss any issues we are noticing and the children have to problem solve how to overcome them. The children know that they must be able to answer four important questions to be safe and are reminded of these questions constantly:

- Am I safe?
- Do I feel safe?
- Is this something that I am comfortable with?
- Am I thinking about the children around me?

They know that if they can answer all four questions with a 'yes', then their play is appropriate and is safe to continue. If not, they have to think of what they need to do to make the answers yes. On the next page are some of the children's suggestions on how playtimes and lunchtimes could be improved by: having a quiet area to sit and chat, having 'Friday Funday!' which involves playing musical instruments or singing and by moving the broken 'parts' bin so it is easier to find if they see something that is no longer safe to play with.

For more tips and guidance on how to encourage more outdoor play at home, please follow the link: <https://outdoorplayandlearning.org.uk/wp-content/uploads/2021/07/NonOpalSchool-A5-Parents-Guide-web.pdf>



Sports Coaching Tender – Plymouth Argyle Community Trust

I am delighted to let you know that Plymouth Argyle Community Trust have won the Sports Coaching tender and will be providing this service after Easter. Mrs Welch and I (as PE Lead) met with the Sports Coach Coordinators and have made exciting plans for the summer term and beyond.

Our new coach, Carwyn, will be familiarising himself with the school and classes in the next couple of weeks before he is with us for four afternoons from April. He is a very experienced coach and comes with glowing references and testimonials. We are pleased that he will also be offering four after school clubs which can be booked directly with Plymouth Argyle Community Trust. There will be two Key stage One clubs and two Key stage Two clubs on offer which is what parents requested via the parental survey in June 2023.

Plymouth Argyle Community Trust are also keen to run more competitions and events which is what we want to enhance our PE provision and sporting opportunities. More information on Plymouth Argyle Community Trust can be found at [Latest News - Argyle Community Trust](#) and [PE/School Sport - Argyle Community Trust](#)

School Newspaper – 'The Chulmleigh Cheer!'

The children's newspaper 'The Chulmleigh Cheer!' is nearly ready to be published and is going to be crammed full of articles, jokes and stories of the children's successes inside and outside of school written by the children. We cannot wait to read the first edition and I know the children are justly proud of their efforts. A huge thanks again to Mrs Chant for all her time, enthusiasm and dedication she is giving to get the newspaper produced and published. We really do appreciate the gargantuan role you have undertaken. Don't forget that photos, work and certificates can also be shared in the Chulmleigh Cheer so please do encourage your child/ren to share these successes with the newspaper club so they can be added to the newspaper!

School Improvement Update – Whole School Writing Moderation

Last week, I had the privilege of leading staff from across our Trust's primary schools to moderate many children's writing from all the three schools. Ensuring that our grammar, spelling and punctuation teaching is effective is one of our main school improvement priorities this year. During the twilight meeting, the staff worked collaboratively to moderate the many samples of children's writing from across our family of schools and to ascertain if our grammar, spelling and punctuation skills are being independently applied by the children in their writing. Satisfyingly, all staff commented that they can see the children applying their grammar, spelling and punctuation skills into their English work and across the curriculum. Recent pupil voice through monitoring also noted that our "children are more familiar with grammar terminology and can quickly recall terms and meanings relevant to their current and previous years' learning is more embedded compared to this time last year." This shows that we are making good progress with improving our grammar, spelling and punctuation school improvement priority.

Special Educational Needs and Disability (SEND) Update – Deaf Awareness Training

Recently, Our SEND Lead, Theresa Niejadilk, organised for the staff from across the school to receive training on deaf awareness, what to look out for and the strategies to employ in the classroom, by one of Devon's hearing impairment specialist teachers. During the session, we were made aware of what good practice for hearing impaired learners entails and how we can develop our understanding to best support all children in school. This information is crucial in ensuring that our teaching and additional interventions are having maximum impact so all children can progress, flourish and excel at school. More information on how families can be supported can be found at: [Services for families | National Deaf Children's Society \(ndcs.org.uk\)](https://www.ndcs.org.uk)

Attendance Updates

As you know, Chulmleigh Primary and the Academy Trust has an unwavering commitment to improve attendance and punctuality at school as we know what a difference it makes to every child's attainment and progress. As a school, we have the motto 'Make Every Minute Count' in our learning. With attendance, 'Every Day Counts' as the infographic below shows the shocking impact of missing just one day from school, once a fortnight, for the child's 13 years of schooling can have on their whole schooling.

"Every Day Counts"

1 or 2 days a week doesn't seem that much but...

If your child misses	that equals...	which is...	and over 13 years of school that's...
1 day a fortnight	20 days per year	4 weeks per year	Nearly 1.5 years
1 day a week	40 days per year	8 weeks per year	Over 2.5 years
2 days a week	80 days per year	16 weeks per year	Over 5 Years
3 days a week	120 days per year	24 weeks per year	Nearly 8 years

The government and the NHS have also recently produced posters highlighting the importance of children attending school with mild illnesses such as coughs and colds. A selection of these posters are below and can be found at: [DfE Attendance campaign guidelines 20204 \(windows.net\)](#)



Our current attendance rate of 96.1% is in line with the targets set by the Department of Education and the Trust which is 96%. This week, the year group attendance is:

Year R: 99.6%
Year 1: 95.7%
Year 2: 97%
Year 3: 95.5%
Year 4: 96%
Year 5: 95.8%
Year 6: 94.7%

Thank you all for your continued support.

With Kind Regards,

Martin Evely and all staff at Chulmleigh Primary School



PTA News & Events

Hi everyone, so great to be back after a rather soggy half term (is it Spring yet?). Take a look at our upcoming events, and the money we have raised for our school. We would love for the kids and the big kids to be involved as much as possible. Please keep your ideas and requests coming to PTA@chumleigh-primary.devon.sch.uk

Your Spring Cleaning efforts have raised a massive £210 via Bags 2 School!

Thank you again for all of your donations.



March date TBC

Our next Movie and Munchies is WONKA!
Pick up will be at 17:15.

Payment is £1.50 via the MyEd App -
available to buy now!



Friday 15th March

D.I.S.C.O

Discos are back, dancing shoes on, glow sticks in hand, KS1 & KS2 Disco's to be held on 15th March.

£2.50 per child to be booked through MyEd.

7th March: Wonka's Golden Ticket

Channeling our inner Willy Wonka the PTA will be selling Wonka Bars on World Book Day, any child with a golden ticket will win a prize. £1 per ticket available on MyEd.

Prizes up for grabs include:

- Vue cinema tickets
- Scott cinema
- Exmoor zoo
- Honey farm
- Wai2Play
- Bear trails
- Wrestling
- Waterstones book
- Chocolate hamper



We are always looking for helpers and greatly appreciate anything you can offer. If you would like to get involved with the PTA, please email PTA@chumleigh-primary.devon.sch.uk or find one of us around school. Keep a look out for more information on all our upcoming events and as always thank you for all your support.

Make Friends ☺
Support your School
Give Back
Make a Difference
Rewarding
Get Involved
Have Fun!
Feel Good



Cubs & Tigers

This week in Nursery we have been finding out about dinosaurs and Finn from Bumblebee's class come down to show the children his Megalodon tooth, and he talked about his favourite dinosaurs. The children were very keen and asked him lots of questions – he is very knowledgeable, and we learnt lots!

We also had a volcano science experiment and the children got very excited when it started to fizz over!



Lions

The dinosaurs have arrived! I am sure you have heard about the enormous egg that the children found last Tuesday. They searched the school and asked all the adults, but they could not find a dinosaur in the school! The children worked as a team to make a comfortable nest for the egg and waited for the egg to hatch. Luckily, they didn't have to wait long as this week they returned to the classroom to find that the egg had hatched. Not only did we have our very own dinosaur to look after, we were also left with lots of baby dinosaurs that had taken over the classroom! The children are now busy making dinosaur beds, thinking of dinosaur names and writing instructions on how to look after dinosaurs! We have also been excavating dinosaur eggs, which did get a little messy! The children demonstrated high levels of perseverance, using the tools to carefully find the dinosaurs hidden inside the eggs.

We enjoyed some yummy pancakes last week. The children added their own toppings and discussed which topping they liked the best before recording this in a sentence. We even had time for some pancake racing outside!

We are also busy learning some songs to sing to you on 11th March. We hope you can attend our Mother's Day service which is taking place on 11th March in the school hall at 3pm.

Hedgehogs

Hedgehogs have had a busy couple of weeks. In maths we have returned to learning about place value and learning about tens and ones. We are now focusing on numbers up to 50. We are also continuing to practice counting in 2s, 5s and 10s as well as learning our doubles! We have been having fun in class, making it a competition between boys and girls.

In English we have moved on to a new book called Daisy Doodles. Children have enjoyed learning about how Daisy uses her imagination to create the story.

In History we have started learning about homes in the past and this week looked at Victorian houses. Children were shocked to hear that children from poor families did not go to school and said they were going to tell Mr Evelyn because it wasn't being fair!!

In Science we have started learning about animals. PE this half term is football and RE we are learning about Easter.

Dragonflies

We have had a great start to our new unit of history learning. The children enjoyed the Medieval Day, especially the banquet and we loved seeing all of the children in their amazing costumes. We will continue to learn about who lived in a castle and what jobs they did and common types of medieval castles and their features.

In Maths we are learning about multiplication and division and in English our new book is linked to Amelia Earhart. At the end of the English unit, children will write a sequential biography about events in someone's life that happened in the past.

In science, we are learning about plants and plant growth. The children will be learning about plants we eat, conditions needed for plants to grow and common names of plants and trees.

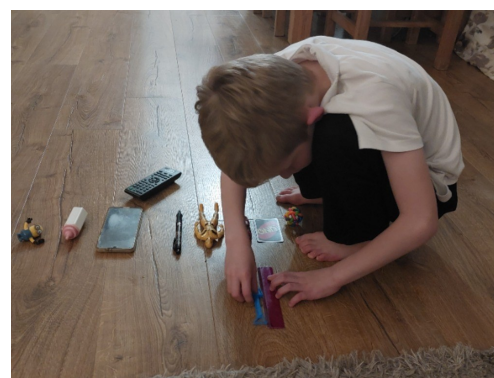
We have loved looking at all of the home learning on the 'Learning with Parents' platform. Thank you for your support with this. New activities will be uploaded every Friday for completion by the end of the following week. If you have any questions, please contact me. Many Thanks Mrs Niejadlik



Barn Owls

Wow! Barn Owls have had a fantastic start to this half term. We have been reading "Oliver and The Seawigs" and our writing unit is based on the book. Every child made their own seawig hat for our "Night Of The Seawigs" competition. It was a very difficult decision to decide who was the winner so 3 winners were chosen – Skyla, Evie and Orla for their fantastic seawigs. In Maths we have been starting our unit on fractions and thinking about the numerator and the denominator. We have also been working really hard at our new focus times table – the 6x table. Our main topic this half term is an introduction to Modern Europe so we have already been finding out countries and locating them on maps. In Science we are looking at plants and growing with Ms Keen. We really enjoyed our visit from the Dog's Trust and found out lots of interesting facts about dogs and how we should interact with them.

Mrs Jackson has been loving seeing all the photos on the Learning with Parents app and reading how everyone is doing with the home activities – well done, Barn Owls.



Bumblebees

It has been lovely to welcome the children back after half term. We have had a number of birthdays in Bumblebees and the children are enjoying celebrating each other turning 9! We have also welcomed Lily -Mai to our class. The children are also getting excited about our residential trip, in a couple of weeks.

We have started several new topics in Year 4 – in Science we are looking at 'States of Matter' and we are looking forward to doing some experiments with solids, liquids, and gases. In Geography we are visiting European countries to find out about their capital cities, rivers, mountains and cultures. We'll be linking this to our computing lessons to do our research and look at Google maps. You may be surprised to know that there are 44 countries in Europe! Can you name them all? We're aiming for knowing eight and their capital cities.

In English we are working on writing an explanation text and using a book called 'Until I Met Dudley'. The book contains imaginary explanations for how everyday items work alongside real explanations provided by Dudley.

Stoats & Squirrels

Since half term we have begun new topics in Year 5. The children are learning about the history of the Slave Trade and linking this through the class text "Freedom" written by Catherine Johnson. They are at the early stages of seeing how the trade started, with a "Trade triangle" from Europe to Africa to the Caribbean and back to Europe. In English they are also choosing to research elements of African life, guided by their own interests, and will be creating an information leaflet in due course.

We have just begin to build on our existing learning about Forces in Science, following on from Earth and Space earlier in the term. In Maths they are continuing with decimals, fractions and percentages and will soon be moving on to area and perimeter. In Art, we have been practising continuous line drawings which have helped the children to really look closely at what they are drawing. We will develop our drawing skills next by learning to add tone and depth to our work.

Stoats are enjoying swimming, and both classes have begun a Music unit using "p-buzzes" which is taught by one of our team of peripatetic teachers.

We are looking forward to World Book Day next week on 7th March, and thank you for your support for this annual event.



In February 2024, our KS2 pupils have read...

525 books

4,226,467 words

for **116** minutes per day!



Otters

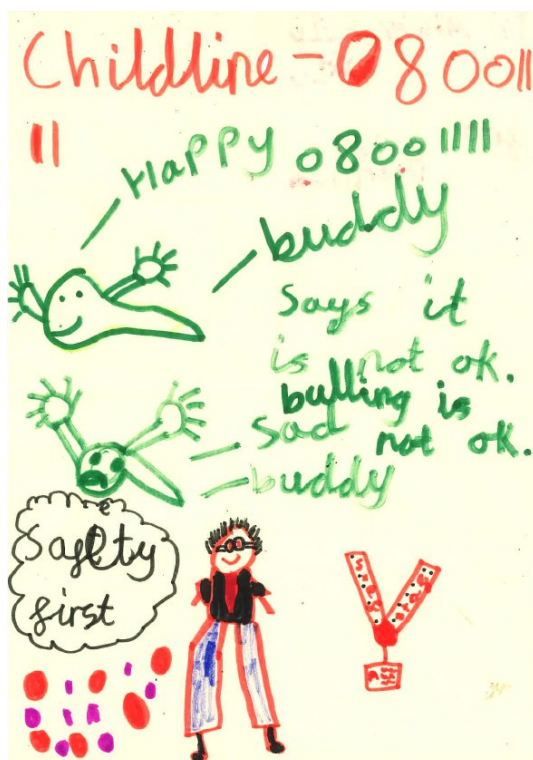
Year 6 have had a fab couple of weeks with their learning. They have started their new topic Maafa which they are really engaged with. It is all about the slave trade and we are expanding our learning into other subjects such as PSHE where we are talking about equality. They have been imagining what life would have been like as a slave and in English they have been writing some very emotive diary entries! In topic, they worked in groups making freeze frames of each stage of a slaves journey from capture to working on the plantations!

In Maths, they have been working on area, perimeter and volume – trying to remember all the formulas for finding them! They are now moving onto data and learning how to interpret a pie chart!

They are really enjoying PE at the moment as it is football and they are developing their skills as well as competing – they are teaching me a few things too, their football knowledge is much stronger than mine! As it is LBGT+ month, we have been having very in depth and mature discussions in PSHE which have been very thought provoking for all. They are becoming much more confident at voicing their opinions as well as respecting what each other have to say, I am very proud of them.

Reminder that PE is on a Tuesday and Friday and homework should be handed in on a Wednesday ready for us to go through and mark as a class.

Thank you as always for your continued support.





me, you, us
safeguarding is everyone's responsibility

Supporting parents or carers to help their children use the internet safely

"I'm not a Police Officer, and most definitely not a Tech expert. In fact, I'm a bit like you, a parent who wants to make my child's use of the internet as safe as possible"
(Jon Galling, Senior Education Safeguarding Officer for Devon County Council and deliverer of this workshop)

The session is designed not to scare or intimidate, but to reflect and review what the dangers of the online or virtual world are and how, as parents and carers we can help our children navigate the challenges they will face.

The session will help those attending to:

- Understand the risks and some ways in which these can be managed
- Understand the benefits of technology including as support for mental health and wellbeing
- Know where to go to find practical support
- Consider how to support your child navigate their 'virtual world'

Contact us: devoneducationservices.co.uk/contact-us/

Alternatively, to discuss your requirements contact: **07568 102728**



All parents & carers are welcome to join us on Thursday, 25th April at 6pm in Chulmleigh College - Heywood Hall. Please note this is for parents only - children should not attend.

EASTER BINGO & Raffle

Family Fun Friday

STARTS 7:00pm | **22nd March** | **Eyes Down 7:30pm**

AT: CHULMLEIGH COLLEGE
Dartridge Hall
PTFA EVENT
TO RAISE FUNDS
TOWARDS A SCHOOL
MINIBUS

BINGO

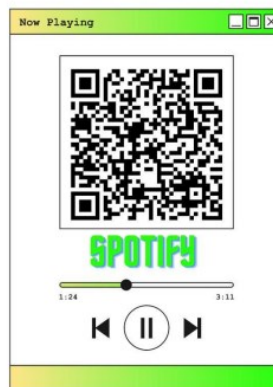


HOME INFORMATION



March's Musician of the Month

Wolfgang
Amadeus Mozart



About: Wolfgang Amadeus Mozart (1756 – 1791) was a prolific and influential composer of the Classical period. Despite his short life, his rapid pace of composition resulted in more than 800 works of virtually every genre of his time. Many of these compositions are acknowledged as pinnacles of the symphonic, concertante, chamber, operatic, and choral repertoire. Mozart is widely regarded as among the greatest composers in the history of Western music. His Requiem was largely unfinished by the time of his death at the age of 35, the circumstances of which are uncertain and much mythologised.
Genres: Classical, Opera, Chamber, Choral
Active from: 1764-1791
Origin: Salzburg, Austria

Books to read...

If you like Mozart, try...



- Giuseppe Verdi
- Marianna Martinez
- Felix Mendelssohn

Chulmleigh Primary School Out of School Club



Registration Fee (per family) £10
Morning Session: 8am-9am - £4
Afternoon Session:
3.30-4.30pm - £4; 3.30-5pm - £6;
3.30-5.30pm - £8; 3.30-6pm - £10;
After 6pm charge - £15

Tax-free childcare!
You can get 20%
off childcare costs.
See below for
details!

Our Out of School Club can take Childcare Vouchers

Check if you're eligible for tax-free childcare! The Government-backed Tax-Free Childcare scheme essentially gives eligible families 20% off childcare costs. You open an online Tax-Free Childcare account and the Government adds 20p for every 80p you pay in. You then pay your childcare provider from that account.

New Childcare Voucher users: Parents can check if they are eligible, and apply for an account by going to: www.gov.uk/apply-for-tax-free-childcare

Existing users may already be signed up and we also accept:

Computershare Voucher Services: <https://mycc.counsell.com/voucher/vouchervoucherservices.com/lookup/login.aspx>

Existing account holders only, as the Government closed the Childcare Vouchers scheme to new entrants on the 4th October 2018.

Or Extended Childcare Vouchers

<http://www.medicareproviders.co.uk/ENVI/lookup.aspx>

Existing account holders only, as the Government closed the Childcare Vouchers scheme to new entrants on the 4th October 2018.

If you are interested in signing up for the OOSC, please contact your School Administrator for a registration form. All bookings are pre-paid via the MyEd App.

CHULMLEIGH
ACADEMY TRUST



Recycle Your Ink Cartridges Here

and help us raise money!



Bring in your old ink cartridges and pop them in the box just inside the front door of the school! Such an easy way to raise funds for our lovely school!

PRIMARY
SPORTS & EDUCATION

KS1 MULTI SKILLS AFTER SCHOOL CLUB CHULMLEIGH PRIMARY SCHOOL

MONDAYS
3.30-4.30

**ONLY £4 PER
SESSION**

OPEN TO ALL
KS1 CHILDREN

Sessions start Monday 19th February and finish
Monday 25th March (6 week block)

HOW TO BOOK:

- VISIT OUR WEBSITE- PRIMARY-SPORTS.CO.UK
- CLICK ON THE TAB 'BOOK NOW' SCROLL DOWN TO CHULMLEIGH PRIMARY SCHOOL KS1 MULTI- SKILLS AFTER SCHOOL CLUB

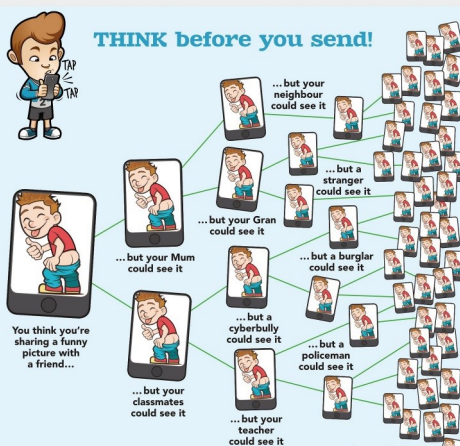


Skips Safety Net

Keeping children safe online

Parent Guides to Online Safety

THINK before you send!



If you share it, you are involved

If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Skips

www.skipssafetynet.org

Developed in partnership with



GLURBS

THE FUN AND UNIQUE WAY TO LEARN A FOREIGN LANGUAGE

Ages 4-12

- Fun, interactive lessons
- Consolidating challenges
- Exciting reward games
- Create and customise your own character
- No previous language skills necessary
- Plenty of extra learning resources available
- Complements the language teaching taking place in your school

Download for FREE today!

GET IT ON Google Play

Download on the App Store

@glurbsgame

Twitter, Instagram, Facebook icons

SPRING MENU

Week one

Option
ONE

Option
TWO

Pick a
**JACKET
POTATO**

Pick a
**PACKED
LUNCH**

Pick a
DESSERT

MONDAY

Cottage Pie
and Peas

Macaroni Cheese,
Focaccia and Peas

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Apple Crumble
and Custard

TUESDAY

Meatballs in
Tomato Sauce with
Penne Pasta, Garlic
Focaccia and
Mixed Salad

Vegetable Fajita,
New Potatoes
and Coleslaw

Cheese / Beans /
Tuna Mayo

Sausage Roll with
Salad Sticks

Jam and Coconut
Sponge

WEDNESDAY

Toad in the Hole,
Mashed Potato,
Sweetcorn, Carrots
and Gravy

Quorn Toad in the
Hole, Mashed
Potato, Sweetcorn,
Carrots and Gravy

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Carrot Cake

THURSDAY

Roast Turkey, Roast
Potatoes, Seasonal
Vegetables and
Gravy

Leek, Potato and
Cheese Bake,
Seasonal Vegetables
and Gravy

Cheese / Beans /
Tuna Mayo

Pitta Pizza with
Salad Sticks

Banana Cake

FRIDAY

Breaded Fish or
Salmon Sticks,
Potato Wedges
and Mushy Peas

Vegetable Nuggets,
Potato Wedges
and Mushy Peas

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Oaty Cookie



Educatering
The School Food Revolution



Scan the QR code to view the
allergens. Please be aware that
allergens are updated regularly,
therefore please check allergens
before consumption of meals.

SPRING MENU

Week two

Option
ONE

Option
TWO

Pick a
**JACKET
POTATO**

Pick a
**PACKED
LUNCH**

Pick a
DESSERT

MONDAY

Ham and Cheese
Pie, Garlic New
Potatoes and Peas

Vegetable Chilli
Nachos and
Salad Sticks

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Melon and Orange
Wedges

TUESDAY

Bolognese Pasta
Bake, Focaccia
and Mixed Salad

Ratatouille Pasta
Bake, Garlic Focaccia
and Mixed Salad

Cheese / Beans /
Tuna Mayo

Sausage Roll with
Salad Sticks

Lemon Drizzle
Cake

WEDNESDAY

Mild Chicken Korma,
Rice and Naan

Vegetable Biryani
and Naan

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Pineapple Cake

THURSDAY

Roast Loin of Pork,
Roast Potatoes,
Seasonal Vegetables
and Gravy

Cauliflower and
Broccoli Bake,
Roasted Potatoes,
Seasonal Vegetables
and Gravy

Cheese / Beans /
Tuna Mayo

Pitta Pizza with
Salad Sticks

Ice Cream Pot

FRIDAY

Fishcake,
Pommes Noisette
and Baked Beans

Vegan Sausage Roll,
Pommes Noisette
and Baked Beans

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Chocolate
Shortbread



Educatering
The School Food Revolution



Scan the QR code to view the
allergens. Please be aware that
allergens are updated regularly,
therefore please check allergens
before consumption of meals.

Option
ONE

Option
TWO

Pick a
**JACKET
POTATO**

Pick a
**PACKED
LUNCH**

Pick a
DESSERT

MONDAY

Hunters Chicken
Wrap, Hash Brown
and Peas

BBQ Bean Cassoulet,
Hash Brown
and Peas

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Chocolate Krispie
Cake

TUESDAY

Beef Lasagne,
Garlic Focaccia
and Mixed Salad

Margharita Pizza,
Mixed Salad and
Potato Wedges

Cheese / Beans /
Tuna Mayo

Sausage Roll with
Salad Sticks

Sticky Toffee Cake

WEDNESDAY

Pulled Pork Bap,
Herby Diced
Potatoes and
Rootslaw

Vegetable Frittata,
Herby Diced Potato
and Rootslaw

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Strawberry Jelly and
Mandarin Segments

THURSDAY

Roast Gammon,
Roast New Potatoes,
Seasonal Vegetables
and Gravy

Halloumi Tray Bake,
Roasted New
Potatoes and
Seasonal Vegetables

Cheese / Beans /
Tuna Mayo

Pitta Pizza with
Salad Sticks

Raspberry Cake

FRIDAY

Chicken Bites,
Potato Wedges
and Salad Sticks

Cheese and Baked
Bean Pasty,
Potato Wedges
and Salad Sticks

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Fruity Flapjack



Educatering
The School Food Revolution



Scan the QR code to view the
allergens. Please be aware that
allergens are updated regularly,
therefore please check allergens
before consumption of meals.

BOOST THEIR HEALTH HYDRATION DEVELOPMENT



with free & subsidized
SCHOOL MILK
Register your child online at www.coolmilk.com

Our school works with *Cool Milk*
to provide fresh school milk!

Register online today at
www.coolmilk.com

- ✓ Calcium for strong bones and teeth
- ✓ Protein for muscle repair and growth
- ✓ Vitamin B12 to boost the immune system
- ✓ Vitamin B2 to aid energy release
- ✓ Potassium to regulate fluid and blood pressure
- ✓ Phosphorus to strengthen bones and get more energy in the cells
- ✓ Iodine to support healthy cells and metabolism



Our milk is supplied with Personal Support
from the Department of Health and DAFMA.
For more information, ask a member of staff.

We currently provide free milk every day to all children in Nursery, Key Stage 1 and those on Free School Meals. If your child isn't eligible for free milk, but you would like them to receive it, you can register online and pay per term. Please visit www.coolmilk.com for more details

Can you help our foodbank?

Our amazing foodbank, which is run by volunteers at The Ark in Lapford, is in desperate need of more 'bags for life' to deliver their food parcels to local residents.

If you can donate any bags, please pop them either into The Ark or to Abby in the school office.





DO YOU HAVE A CHILD AGED 8-17 WHO IS STRUGGLING WITH THEIR MENTAL HEALTH?

Anxiety, depression, self-harm and other mental health struggles are on the rise in children, particularly following the Covid-19 Pandemic. As parents, we can be left feeling overwhelmed and helpless, not knowing where to turn for help.

THIS GROUP AIMS TO SUPPORT YOU TO:

- ✓ Meet other parents who understand your situation for mutual support.
- ✓ Learn strategies to help you support your child, with no judgement!
- ✓ Help you to prioritise your own well-being as a parent.

WHEN? Find out more at our **Information Session** for parents at 7pm on Tues 5th or 1pm on Wed 6th March 2024.

WHERE? We meet using Zoom and you'll get the link when you register for our Information Session below.

To attend register at www.calendly.com/ymhf/information-session



For more information contact:

Joel Sutton (YMHF) on 07588 792 474
or email joel@youthmentalhealthfoundation.org



the national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

Webinars are held on Zoom on the following dates:

Thursday 29th February 12:30 to 13:30

Friday 29th March 12:30 to 13:30

Friday 26th April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

The cost of this one-hour webinar is only £5.50!

To book your place on the webinar please either scan the QR code below or go to: www.theautismtrainingnetwork.com/training

"For every person who understands Autism better, another Autistic person will be happier." - Libby Scott, Autistic Author (at age 11)



Engage with DLD

Developmental Language Disorder (DLD) affects about one in 15 people – two children in a class of 30. Despite being as common as ADHD and much more common than Autism, DLD does not have the same level of recognition. This is particularly frustrating because DLD has a huge impact on many areas of life, not just a child's access to learning.

Engage with DLD – E-DLD - aims to connect people with DLD and their families to academic research and they hold regular online events for both professionals and families.

There is a Family and Friends Information and Q&A Event on Tuesday 19 March 2024, 7 to 8pm. This free online event aims to help families to understand what DLD is and what it means for them/their child. Stephen Parsons (a speech and language therapist and chair of NAPLIC) will join the E-DLD team for an easy-to-understand explanation of DLD followed by a Q&A. Please find event details [here](#).



Remember - if you are concerned about a child or young person in Devon and want to speak to someone, contact the MASH on 0345 155 1071 and give as much information as you can. If you would prefer to complete an online form, you can do so here: [Child protection - What to do if you're worried about a child's safety? \(devon.gov.uk\)](https://www.devon.gov.uk/child-protection)



[Chulmleigh College - Join Our Team - Vacancies at the Trust](#)

A request to our 'bus parents'!

If your child(ren) travels by school bus or taxi, please let us know by MyEd message or by telephone call if the arrangements are different to usual or if they will vary throughout the coming week. We will confirm that we have received your message.

Messages in the home-school diaries can unfortunately get missed if classroom staff are absent, whereas messages online or by phone can reach various members of the Admin team even in Abby's absence.

Teachers check with their classes each morning and call out a bus register, but children can often get confused or not remember, so a message from home is essential!

Many thanks!



LAMDA

After-school LAMDA drama workshops held each Thursday have proved to be a great success and children are going in confidence and their knowledge of performance skills week by week. We will eventually work towards a performance for parents and through drama games and script reading and lots of ensemble work the children are learning to work confidently as a team.

If you think this is something that your child would be interested in please email for further details to:

antoniawhittick1970@gmail.com



Caring for children with COUGHS

This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

© University of Bristol

DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.

